

87069 CHILDREN'S MEDICAL ASSESSMENTS**87069**

- (a) Prior to, or within 30 calendar days following the acceptance of a child, the licensee shall obtain a written medical assessment of the child.
 - (1) Such assessment shall be performed by, or under the supervision of, a licensed physician, and shall not be more than one year old when obtained.
- (b) The medical assessment shall provide the following:
 - (1) A record of any infectious or contagious diseases which would preclude care of the child by the facility.
 - (2) A test for tuberculosis.
 - (3) A record of immunizations and childhood diseases.

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87069 CHILDREN'S MEDICAL ASSESSMENTS (Continued)**87069**

- (4) Identification of the child's special problems and needs.
- (5) Identification of any prescribed medications being taken by the child.
- (6) Ambulatory status.
- (c) The licensing agency shall have the authority to require the licensee to obtain a current written medical assessment, if such an assessment is necessary to verify the appropriateness of a child's placement.

NOTE: Authority cited: Sections 1530 and 1530.5, Health and Safety Code. Reference: Sections 1501 and 1531, Health and Safety Code.

**87069.1 INDIVIDUALIZED HEALTH CARE PLANS FOR
SPECIALIZED FOSTER FAMILY HOMES****87069.1**

- (a) The licensee shall not accept a child with special health care needs unless the licensee has obtained an individualized health care plan for the child. The plan shall include the following information:
 - (1) The name, address, and phone number of the health care professional responsible for monitoring the child's ongoing health care.
 - (2) The appropriate number of hours of on-site supervision and monitoring, and the appropriate number of hours of off-site supervision and monitoring, needed to be provided by the monitor designated in Section 87069.1(a)(1), above.
 - (3) Documentation by the child's individualized health care plan team identifying the specialized in-home health care to be administered by a health care professional or responsible adult trained by a health care professional.
 - (4) Arrangements for in-home health support services if required.
 - (5) Specific responsibilities of the licensee for the provision of specialized in-home health care, including any required training and/or additional training.
 - (6) Identification of any available and funded medical services that are to be provided to the child in the home which may include, but is not limited to, assistance from health care professionals.

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**87069.1 INDIVIDUALIZED HEALTH CARE PLANS FOR
SPECIALIZED FOSTER FAMILY HOMES (Continued)****87069.1**

- (7) Identification of any psychological, emotional, behavioral, or medical problems that will be identified in the child's needs and services plan or the medical assessment specified in Section 87069.
- (b) The individualized health care plan for each child with special health care needs shall be updated at least every six months or sooner if the needs of the child change.
- (c) For any child with special health care needs the hospital discharge plan may be adopted by the individualized health care plan team as the child's individualized health care plan.
- (d) The individualized health care plan may be combined with the child's needs and services plan or regional center individual program plan provided that all the information required by each plan is included.

NOTE: Authority cited: Section 17730, Welfare and Institutions Code and Section 1530, Health and Safety Code. Reference: Section 17731(c), Welfare and Institutions Code.

87070 CHILDREN'S RECORDS**87070**

- (a) The licensee shall maintain a separate, complete, and current record in the facility for each child.
- (b) Each record shall contain information including but not limited to the following:
 - (1) Name of the child.
 - (2) Birthdate and a copy of the child's birth certificate if available.
 - (3) Date of placement in the home.
 - (4) Name, address and telephone number of the placement agency.
 - (5) Name, address and telephone number of the authorized representative.
 - (6) Name, address and telephone number of person to be contacted in an emergency when the child's authorized representative cannot be contacted.
 - (7) Written consent which authorizes the licensee to obtain other ordinary medical and dental care in an emergency if the authorized representative cannot be reached.

87070 CHILDREN'S RECORDS (Continued)**87070**

- (8) Name, address and telephone number of the child's physician and dentist, and other medical and mental health providers if any.
 - (9) Medical assessment, including ambulatory status, specified in Section 87069.
 - (10) A record of current medications, if any; prescribing physician; and instructions, if any, regarding control and custody of medications.
 - (11) Name of all persons authorized to take the child from the home.
 - (12) Medical and dental history, if available, including immunization records and physician's orders for any medically necessary diet.
 - (13) Religious preference and the name and address of clergyman or religious adviser, if any.
 - (14) A copy of the child's needs and services plan and any modifications thereto specified in Section 87068.2 and 87068.3.
 - (15) A record of the continuing health needs and services received while the child is in the home, including but not limited to physical therapy and counseling.
 - (16) Admission agreement.
 - (17) An account of the child's case resources, personal property, and valuables entrusted as specified in Section 87026.
- (c) All information and records obtained from or regarding children shall be confidential.
- (1) The licensee shall be responsible for safeguarding the confidentiality of record contents.
 - (2) Except as specified in (d) below, or as otherwise authorized by law, the licensee shall not reveal or make available confidential information.
- (d) All children's records shall be subject to reproduction by the licensing agency upon demand during normal business hours.
- (1) A child's records shall also be open to inspection by the child's authorized representative.

87070 CHILDREN'S RECORDS (Continued)**87070**

- (e) The original or photographic reproductions of the child's records shall be given to the placement agency or the child's authorized representative when the child moves from the home.
- (f) The original or photographic reproduction of each child's records shall be retained for a minimum of three years following termination of service to the child.

NOTE: Authority cited: Sections 1530 and 1530.5, Health and Safety Code. Reference: Sections 1501 and 1531, Health and Safety Code.

87070.1 ADDITIONAL CHILDREN'S RECORDS FOR SPECIALIZED FOSTER FAMILY HOMES**87070.1**

- (a) In addition to Section 87070, the licensee shall ensure that records for each child with special health care needs contain the following:
 - (1) Documentation that the child has been adjudged a dependent of the court under Section 300 of the Welfare and Institutions Code or has not been adjudged a dependent of the court pursuant to Section 300 but is in the custody of the county welfare department, or has a developmental disability and is receiving services and case management from a regional center.
 - (2) A copy of the child's individualized health care plan as specified in Section 87069.1.
 - (3) A copy of the written reassessment of the child's individualized health care plan as specified in Section 87069.1(b).
- (b) The licensee of a specialized foster family home not exceeding the two-child capacity limit shall ensure that each child's needs and services plan contains the following information in addition to the information required in Sections 87068.2 and 87068.3:
 - (1) Documentation by the child's county social worker, regional center caseworker or authorized representative that the needs of the child can be met by the facility.
 - (A) New documentation shall be obtained for all children and placed in the respective needs and services plans each time there is an increase or turnover in children and the home meets the conditions described in above Section 87070.1(b).

87070.1 ADDITIONAL CHILDREN'S RECORDS FOR SPECIALIZED FOSTER FAMILY HOMES (Continued)**87070.1**

(c) If a third child is placed in a specialized foster family home, the licensee shall ensure that:

- (1) The needs and services plan for the third child documents the determination specified in Section 87010.1(a)(1)(A).
- (2) The needs and services plan for each child in the home documents the determinations specified in Sections 87010.1(a)(1)(B) and (B)1.
- (3) The individualized health care plan for each child with special health care needs documents the determinations specified in Sections 87010.1(a)(1)(C) and (C)1.
 - (A) Documentation may be provided in different ways, including, but not limited to, a written statement from a member designated by the team that the team has been notified and has determined that the two-child limit may be exceeded.

NOTE: Authority cited: Section 17730, Welfare and Institutions Code and Section 1530, Health and Safety Code. Reference: Sections 17710, 17731, and 17732(a), Welfare and Institutions Code and Section 1531, Health and Safety Code.

87072 PERSONAL RIGHTS**87072**

(a) Each child shall have personal rights which include but are not limited to the following:

- (1) To be accorded dignity in his/her personal relationships with other persons in the home.
- (2) To be accorded safe, healthful and comfortable accommodations, furnishings and equipment that are appropriate to his/her needs.
- (3) To be free from corporal or unusual punishment, infliction of pain, humiliation, intimidation, ridicule, coercion, threat, mental abuse, or other actions of a punitive nature including but not limited to interference with the daily living functions of eating, sleeping, or toileting, or withholding of shelter, clothing, or aids to physical functioning.
- (4) To be informed, and to have his/her authorized representative informed, by the licensee of the provisions of law regarding complaints, including but not limited to the address and telephone number of the complaint, receiving unit of the licensing agency and of information regarding the confidential registration of complaints.
- (5) To be free to attend religious services or activities of his/her choice and to have visits from the spiritual advisor of his/her choice.

87072 PERSONAL RIGHTS (Continued)**87072**

- (6) Not to be locked in any room, building or facility premises by day or night.
 - (A) The licensee shall not be prohibited by this provision from locking exterior doors and windows or from establishing house rules for the protection of the children so long as the children can exit from the home.
 - (B) The licensee shall be permitted to utilize means other than those specified in (A) above for securing exterior doors and windows only with prior approval of the licensing agency.
- (7) Not to be placed in any restraining device. Postural supports may be used if they are approved in advance by the licensing agency as specified in (A) through (F) below.
 - (A) Postural supports shall be limited to appliances or devices including braces, spring release trays, or soft ties, used to achieve proper body position and balance, to improve a child's mobility and independent functioning, or to position rather than restrict movement including, but not limited to, preventing a child from falling out of bed, a chair, etc.
 - 1. Physician-prescribed orthopedic devices such as braces or casts used for support of a weakened body part or correction of body parts are considered postural supports.
 - (B) All requests to use postural supports shall be in writing and include a written order of a physician indicating the need for such supports. The licensing agency shall be authorized to require other additional documentation in order to evaluate the request.
 - (C) Approved postural supports shall be fastened or tied in a manner which permits quick release by the child.
 - (D) The licensing agency shall approve the use of postural supports only after the appropriate fire clearance, as required by Section 87020, has been secured.
 - (E) The licensing agency shall have the authority to grant conditional and/or limited approvals to use postural supports.

87072 PERSONAL RIGHTS (Continued)**87072**

- (F) Under no circumstances shall postural supports include tying, depriving, or limiting the use of a child's hands or feet.
1. A bed rail that extends from the head half the length of the bed and used only for assistance with mobility shall be allowed with prior licensing approval. Bed rails that extend the entire length of the bed are prohibited.
- (G) Protective devices including, but not limited to, helmets, elbow guards, and mittens which do not prohibit a child's mobility but rather protect the child from self-injurious behavior are not to be considered restraining devices for the purpose of this regulation. Protective devices may be used if they are approved in advance by the licensing agency as specified below.
1. All requests to use protective devices shall be in writing and include a written order of a physician indicating the need for such devices. The licensing agency shall be authorized to require additional documentation including, but not limited to, the Individual Program Plan (IPP) as specified in Welfare and Institutions Code Section 4646, and the written consent of the authorized representative, in order to evaluate the request.
 2. The licensing agency shall have the authority to grant conditional and/or limited approvals to use protective devices.
- (8) To be free of the administration of medication or chemical substances not authorized by a physician.
- (9) To be informed of the facility's policy concerning family visits and other communication with the child as specified in Health and Safety Code Section 1512.

87072 PERSONAL RIGHTS (Continued)**87072**

- (10) To have visitors as specified below by mutual agreement between the licensee and the visitors, provided the rights of others are not infringed upon:
 - (A) Relatives, during waking hours, unless prohibited by court order or by the child's authorized representative.
 - (B) Authorized representative.
 - (C) Other visitors unless prohibited by court order or by the child's authorized representative.
- (11) To wear his/her own clothes.
- (12) To possess and control his/her own cash resources, unless otherwise agreed to in the child's needs and services plan and by the child's authorized representative.
- (13) To possess and use his/her own personal possessions, including toilet articles.
- (14) To have access to individual storage space for his/her private use.
- (15) To have access to telephones, both to make and receive confidential calls, provided that such calls are not prohibited by court order or by the child's authorized representative, or are not prohibited as a form of discipline. However, such use shall not infringe upon the rights of others, nor tie up the telephone during emergencies.
 - (A) The licensee shall be permitted to require reimbursement for long distance calls from the child or his/her authorized representative.
 - (B) The licensee shall be permitted to prohibit the making of long distance calls upon documentation that requested reimbursement for previous long distance calls has not been received.
 - (C) Calls permitted to be prohibited as a form of discipline shall not include calls to the child's authorized representative, placement agency, or parent(s).

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87072 PERSONAL RIGHTS (Continued)**87072**

- (16) To have access to letter writing material and to send and receive unopened correspondence unless prohibited by court order or by the child's authorized representative.
- (b) The licensee shall ensure that each child is accorded the personal rights specified in this section.
- (c) Each child, and his/her authorized representative, shall be personally advised and given at admission a copy of the rights specified in (a)(1) through (16) above.

NOTE: Authority cited: Sections 1530 and 1530.5, Health and Safety Code. Reference: Sections 1501 and 1531, Health and Safety Code.

87072.1 DISCIPLINE**87072.1**

- (a) Any form of discipline which violates a child's personal rights as specified in Section 87072 shall be prohibited.

NOTE: Authority cited: Sections 1530 and 1530.5, Health and Safety Code. Reference: Sections 1501 and 1531, Health and Safety Code.

87072.2 PERSONAL RIGHTS FOR CHILDREN WITH SPECIAL HEALTH CARE NEEDS**87072.2**

- (a) Except as specified in this section, Section 87072(a)(8) shall not apply to children with special health care needs.
- (b) In addition to Section 87072, but notwithstanding Section 87072(a)(7), a child with special health care needs has the right to be free from any restraining/postural support device imposed for purposes of discipline or convenience, and not required to treat the child's specific medical symptoms.
 - (1) Physical restraining devices may be used for the protection of a child with special health care needs during treatment and diagnostic procedures such as, but not limited to, intravenous therapy or catheterization procedures. The restraining device, which shall not have a locking device, shall be applied for no longer than the time required to complete the treatment and shall be applied in conformance with the child's individualized health care plan. The child's individualized health care plan shall include all of the following:
 - (A) The specific medical symptom(s) that require use of the restraining device.

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87072.2 PERSONAL RIGHTS FOR CHILDREN WITH SPECIAL HEALTH CARE NEEDS (Continued) 87072.2

- (B) An evaluation of less restrictive therapeutic interventions and the reason(s) for ruling out these other practices as ineffective.
 - (C) A written order by the child's physician. The order must specify the duration and circumstances under which the restraining device is to be used.
- (2) Postural supports as specified in Sections 80072(a)(8)(A) and (A)1., half-bedrails, and protective devices as specified in Section 80072(a)(8)(G), may be used if prescribed in the individualized health care plan. The use of a postural support or protective device and the method of application shall be specified in the child's individualized health care plan and approved in writing by the child's physician.

NOTE: Authority cited: Section 17730, Welfare and Institutions Code and Section 1530, Health and Safety Code. Reference: Section 17730 and 17736, Welfare and Institutions Code.

87073 TELEPHONES 87073

All foster family homes shall have telephone service.

NOTE: Authority cited: Sections 1530 and 1530.5, Health and Safety Code. Reference: Sections 1501 and 1531, Health and Safety Code.

87074 TRANSPORTATION 87074

- (a) Only drivers licensed for the type of vehicle operated shall be permitted to transport children.
- (b) The manufacturer's rated seating capacity of vehicles shall not be exceeded.
- (c) Motor vehicles provided by the licensee shall be maintained in a safe operating condition.

87074 TRANSPORTATION (Continued)**87074**

- (d) When transporting children in a private motor vehicle, the licensee shall secure the children as specified below:
- (1) Infants shall be secured in a car seat designed for infants.
 - (2) All children between two and four years of age and all children who weigh less than 40 pounds, or who have disabilities which prevent them from sitting unassisted, shall be secured in a car seat or harness designed for such children.
 - (3) Children over four years of age and who weigh over 40 pounds who are able to sit unassisted shall be secured in the vehicle's regular seat belt/harness.

NOTE: Authority cited: Sections 1530 and 1530.5, Health and Safety Code. Reference: Sections 1501 and 1531, Health and Safety Code.

87075 HEALTH RELATED SERVICES**87075**

- (a) The licensee shall make arrangements for the care of a child who is injured or becomes ill, including isolation, if necessary, and provisions for first aid and emergency medical or dental care.
- (b) When a child shows signs of serious illness or injury, the licensee shall have the nature of the illness or injury determined by a physician as quickly as possible.
- (c) Whenever a child is exposed to a serious communicable disease, or has any illness or injury which requires medical treatment or for which the cause is unknown, the licensee shall ensure that the child's immediate medical needs are met.
 - (1) The licensee shall maintain current documentation to ensure that the amount of in-home medical services provided to a ventilator-dependent child is sufficient to meet that child's medical needs.
 - (2) As soon as the child's immediate needs are met the licensee shall notify the child's authorized representative.

87075 HEALTH RELATED SERVICES (Continued)**87075**

- (d) The licensee shall assist children with self-administered medications as needed.
- (1) The licensee, unless authorized by law, shall not administer injections but shall be authorized to assist children with self-administration of injections as needed.
- (e) If a child is unable to determine and/or communicate his/her need for a prescription or nonprescription PRN medication, the licensee may assist the child without contacting the child's physician prior to each dose provided that all of the following requirements are met:
- (1) The child's physician has recommended or prescribed the PRN medication and provided instructions for use in at least the level of detail specified in Section 87075(f).
- (2) The date, time, and content of the physician contact required in Section 87075(e)(1) shall be documented and maintained in the child's file.
- (3) The date and time each PRN medication dosage was taken, the exact symptoms for which it was given, the dosage taken and the child's response shall be documented and maintained in the child's record.
- (4) The medication is given according to the physician's directions.
- (f) For every prescription and nonprescription PRN medication for which the licensee provides assistance, there shall be a signed, dated written order from a physician on a prescription blank, maintained in the child's file, and a label on the medication. Both the physician's order and the label shall contain at least all of the following information.
- (1) The name of the child.
- (2) The name of the medication.
- (3) The specific symptoms which indicate the need for the use of the medication.
- (4) The exact dosage.
- (5) The minimum number of hours between doses.
- (6) The maximum number of doses allowed in each 24-hour period.

87075 HEALTH RELATED SERVICES (Continued)**87075**

- (7) In addition to the information listed in Sections 87075(f)(1) through (6), the physician's order shall include:
- (A) Instructions regarding the time or circumstance (if any) when it should be discontinued.
 - (B) An indication of when the physician should be contacted for a medication reevaluation.
- (g) Any time a child is in the home, at least one of the persons providing direct care and supervision to the child shall have received current training in first aid and CPR. Training shall be obtained from an agency offering such training including, but not limited to, the American Red Cross, and shall be appropriate to the child's age and needs.
- (1) The licensee shall maintain copies of unexpired first aid and CPR certificates documenting the training required.
 - (2) Any adult providing direct care and supervision at any time to a ventilator-dependent child shall maintain documentation verifying current training received in first aid and CPR from agencies offering such training including, but not limited to, the American Red Cross.
- (h) The home shall maintain first aid supplies readily available in a central location in the home.
- (1) If the supplies consist of a preassembled kit, the kit shall be a general type approved by the American Red Cross, or the supplies shall include at least the following:
 - (A) A current edition of a first aid manual approved by the American Red Cross, the American Medical Association or a state or federal health agency.
 - (B) Sterile first aid dressings.
 - (C) Bandages or roller bandages.
 - (D) Adhesive tape.
 - (E) Scissors.
 - (F) Tweezers.
 - (G) Thermometers.
 - (H) Antiseptic solution.

87075 HEALTH RELATED SERVICES (Continued)**87075**

- (i) When providing family health care, the licensee shall ensure that the child's physician or designated registered nurse has assigned the specific task(s) and has provided adequate practical and written instruction.
 - (1) The date, time and content of all contacts with the physician or nurse shall be documented and maintained in the child's file.
- (j) There shall be at least one person capable of and responsible for communicating with emergency personnel in the home at all times. The following information shall be readily available:
 - (1) The name, address and telephone number of each child's physician and dentist.
 - (2) The name, address and telephone number of each emergency agency, including but not limited to the fire department, crisis center or paramedical unit. There shall be at least one medical resource available at all times.
 - (3) The name and telephone number of an ambulance service.
- (k) When a child requires a ventilation or prosthetic device, vision aid or hearing aid, the licensee shall be familiar with the use of these devices and aids, and shall assist the child with their utilization as needed.
 - (1) The licensee shall maintain documentation verifying that in-home medical services required by a ventilator-dependent child are evaluated by a registered nurse employed by a licensed in-home health agency.
 - (2) The licensee shall maintain documentation verifying that the attending nurse providing nursing services to a ventilator-dependent child has successfully completed the hospital's discharge planning program developed for that specific child.
- (l) The licensee shall centrally store medications under the following circumstances:
 - (1) The preservation of medicines requires refrigeration.
 - (2) Any medication is determined by the physician to be hazardous if kept in the personal possession of the child for whom it was prescribed.
 - (3) Because of physical arrangements and the condition or the habits of persons in the home, the medications are determined by either the licensee or by the licensing agency to be a safety hazard.

87075 HEALTH RELATED SERVICES (Continued)**87075**

- (m) The following requirements shall apply to medications which are centrally stored:
- (1) Medicines shall be kept in a safe and locked place that is not accessible to persons other than those responsible for the supervision of the medication.
 - (2) Each container shall carry all of the information specified in (7)(A) through (G) below.
 - (3) All medications shall be labeled and maintained in compliance with label instructions and state and federal laws.
 - (4) No person other than the dispensing pharmacist shall alter a prescription label.
 - (5) Each child's medication shall be stored in its originally received container.
 - (6) No medications shall be transferred between containers.
 - (7) The licensee shall ensure the maintenance, for each child, of a record of prescription medications which is retained for at least one year and includes the following:
 - (A) The name of the child for whom prescribed.
 - (B) The name of the prescribing physician.
 - (C) The drug name, strength and quantity.
 - (D) The date filled.
 - (E) The prescription number and the name of the issuing pharmacy.

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- (F) Expiration date.
- (G) Number of refills.
- (H) Instructions, if any, regarding control and custody of the medication.
- (n) The licensee shall destroy prescription medications which are not taken with the child upon termination of services, or which are for any other reason not to be retained.

NOTE: Authority cited: Sections 1530 and 1530.5, Health and Safety Code. Reference: Sections 1501, 1507, 1507.5, 1530.6 and 1531, Health and Safety Code; and Business and Professions Code Section 2727(a).

87075.1	HEALTH RELATED SERVICES FOR FOSTER FAMILY HOMES CARING FOR CHILDREN WITH SPECIAL HEALTH CARE NEEDS	87075.1
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Repealed by Manual Letter No. CCL-97-09, effective 6/13/97.

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87076 FOOD SERVICE**87076**

- (a) The licensee shall provide at least three meals per day for the children and shall meet the following requirements:
- (1) The meals shall be of the quality and in the quantity necessary to meet the needs of the children. Each meal shall meet at least one-third the services recommended the USDA Basic Food Group Plan - Daily Food Guide for the age group served. All food shall be selected, stored, prepared and served in a safe and healthful manner.
- (A) If a child is out of the home during a normal mealtime, the licensee shall ensure that alternate arrangements are made for the child to receive a meal.

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- (B) Whenever children in placement eat at the home it is expected that they will have their meals with family members.

HANDBOOK CONTINUES

87076 FOOD SERVICE (Continued)

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HANDBOOK CONTINUES

(C) USDA BASIC FOOD GROUP PLAN DAILY FOOD GUIDE

FOODS TO INCLUDE DAILY	SERVING SIZE	RECOMMENDED NUMBER OF SERVINGS FOR EACH AGE GROUP					
		PRE- SCHOOL CHILD	SCHOOL- AGE CHILD	TEEN- AGER	ADULT	PREG- NANT NURS- ING	OLDER ADULT
MILK & MILK PRODUCTS							
Milk	8 oz.						
Yogurt	8 oz.						
Cheese	2 oz.	2	2 - 3	3 - 4	2	3 or more	2
Cottage	1 & 1/2 C.			or more			
Ice Cream	2 C.						
Tofu	8 oz.						
MEAT & ALTERNATES							
Beef, pork, lamb, fowl, fish small serv.	3 oz. 1&1/2 oz.						
Alternates for Meat	Eq. to 2-3 oz.	2 sm.	1 -2	2 - 3 or more	2	2 or more	2
Beans, peas, and lentils	1-1&1/2 C.						
Peanut butter	4-6 Tbsp.						
Eggs	2-3						
Cheese	2-3 oz.						
Cottage	1/2-3/4 C.						
Canned fish	1/2-3/4 C.						
Nuts	2/3-1 C.						
Tofu	6-9 oz.						
Wheat germ	1/2-3/4 C.						
Sunflower, pumpkin, sesame seeds	1/2-3/4 C.						
Deep Green and/or Yellow Vegetables	1/2 C		1	1 or	1	1 or	1
Small serving	1/4-1/3 C	1 sm.		more		more	

HANDBOOK CONTINUES

87076 FOOD SERVICE (Continued)

87076

HANDBOOK CONTINUES

FOODS TO INCLUDE DAILY	SERVING SIZE	RECOMMENDED NUMBER OF SERVINGS FOR EACH AGE GROUP					
		PRE- SCHOOL CHILD	SCHOOL- AGE CHILD	TEEN- AGER	ADULT	PREG- NANT NURS- ING	OLDER ADULT
Other Vegetables, Juices and Fruits Small serving	1/2 C 1/4-1/3 C	2 Sm	2	2 or more	2	2 or more	2
High Vitamin C Fruits and/or Juices, Sm. serv.	1/2 C 1/4-1/3 C	1 Sm	1	1 or more	1	1 or more	1
Breads & Cereals (whole gr. or enriched) bread	1 slice						
Dry Cereal	3/4 C						
Cooked cereal, rice, noodles	1/2 C						
crackers	4	4 Sm	3-4	4 or more	4	4 or more	3-4
tortilla	1 med						
small serv = 1/2 of the serv sizes for breads & cereals							
OTHER FOODS: Inc. fats, sweets, desserts, etc.			AS APPROPRIATE TO ENERGY NEEDS				
FLUIDS: Inc. water			AS APPROPRIATE TO NEEDS				
MISCELLANEOUS: Iodized salt, fiber vitamin supplement, etc.			AS APPROPRIATE TO NEEDS				

* Count cheese as one serving of milk or meat, not both.

Adapted from the OREGON DIET MANUAL, fifth edition, 1975, State of Oregon Department of Human Resources.

HANDBOOK ENDS HERE

87076 FOOD SERVICE (Continued)**87076**

- (2) Not more than 15 hours shall elapse between the third meal of one day and first meal of the following day.
- (3) There shall always be fresh perishable and nonperishable food in the home in a quantity to meet the needs of the next three meals and the between meals snacks.
- (4) Between meal nourishment or snacks shall be provided to all children as needed.
- (5) If the licensee has been informed, or has observed, that the child has an allergy to any food, the licensee shall not serve such food to the child.
 - (A) If there is doubt about whether a child has an allergy, the licensee shall seek medical verification.
- (6) Modified diets prescribed by a child's physician as a medical necessity shall be provided.
 - (A) The licensee shall obtain and follow instructions from the physician or dietician on the preparation of the modified diet.
- (7) All foods shall be of good quality. Commercial foods shall be approved by appropriate federal, state and local authorities. All foods shall be kept free of contamination. Food in damaged containers shall not be accepted, used or retained.
- (8) Where indicated, food shall be cut, chopped or ground to meet individual needs.
- (9) Powdered milk shall not be used as a beverage but shall be allowed in cooking and baking. Raw milk as defined in Division 15 of the California Food and Agricultural Code shall not be used. Milk shall be pasteurized.
- (10) Except when written approval by the licensing agency, meat, poultry and meat food products shall be inspected by state or federal authorities. Written evidence of such inspection shall be available for all products not obtained from commercial markets.

87076 FOOD SERVICE (Continued)**87076**

- (11) All foods or beverages capable of supporting rapid and progressive growth of micro-organisms which can cause food infections or food intoxications shall be stored in covered containers at 45 degrees F (7.2 degrees C) or less.
- (12) Pesticides and other toxic substances shall not be stored in food storerooms, kitchen areas, or areas where kitchen equipment or utensils are stored.
- (13) Soaps, detergents, cleaning compounds or similar substances shall be stored in areas separate from food supplies.
- (14) All kitchen areas shall be kept clean, free of litter and rubbish, and measures shall be taken to keep all such areas free of rodents, insects and other vermin.
- (15) All food shall be protected against contamination. Contaminated food shall be discarded immediately.
- (16) All equipment, fixed or mobile, and dishes and utensils, shall be kept clean and maintained in a safe condition.
- (17) All dishes and utensils used for eating and drinking and in the preparation of food and drink, shall be cleaned and sanitized after each usage.
 - (A) In homes using mechanical dishwashers, the dishwasher shall reach a temperature of 165 degrees F (74 degrees C) during the washing and/or drying cycle to ensure that dishes and utensils are cleaned and sanitized.
 - (B) In homes not using mechanical dishwashers, dishes and utensils shall be cleaned and sanitized by an alternative comparable method.
- (18) Equipment of appropriate size and type shall be provided for the storage, preparation and service of food and shall be well-maintained.
- (19) Tableware and tables, dishes, and utensils shall be provided in the quantity necessary to serve the children.

87076 FOOD SERVICE (Continued)**87076**

- (20) Adaptive devices shall be provided for self-help in eating as needed by children.
- (b) The licensing agency shall have the authority to require the home to provide written information, including menus, regarding the foods purchased and used over a given period when it is necessary to determine if the licensee is in compliance with the food services requirements in these regulations.
 - (1) The licensing agency shall specify in writing what written information is required from the licensee.
- (c) Infants younger than seven months shall be held during bottle feeding.

NOTE: Authority cited: Sections 1530 and 1530.5, Health and Safety Code. Reference: Sections 1501 and 1531, Health and Safety Code.

87078 RESPONSIBILITY FOR PROVIDING CARE AND SUPERVISION**87078**

- (a) The licensee shall provide care and supervision as necessary to meet each child's needs.
- (b) The licensee shall provide those services identified in each child's needs and services plan and in the individualized health care plan for each child with special health care needs as necessary to meet the child's needs.
- (c) The licensee is responsible for ensuring care and supervision of the child(ren) of any minor parent in placement.
 - (1) Direct care and supervision of the child(ren) of a minor parent is to be provided during the hours that the minor parent is unavailable or unable to provide such care and supervision.

NOTE: Authority cited: Section 17730, Welfare and Institutions Code and Section 1530, Health and Safety Code. Reference: Sections 11465 and 17731, Welfare and Institutions Code and Sections 1501 and 1531, Health and Safety Code.

87079 ACTIVITIES**87079**

- (a) The licensee shall provide opportunity for, and encourage participation in, activities, including but not limited to the following:
 - (1) Activities that require group interaction.

87079	ACTIVITIES (Continued)	87079
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- (2) Physical activities including but not limited to games, sports, and exercise.
- (3) Leisure time for the children and participation with other members of the licensee's family in leisure time activities.
- (4) Education through enrollment in public, private or special schools and assistance with school work.
- (5) Learning of daily living skills, including but not limited to bathing, dressing, grooming, manners, shopping, cooking, money management, and use of public transportation.
- (b) The child shall not be required to perform duties which interfere with school, training, treatment programs or family visits.

NOTE: Authority cited: Sections 1530 and 1530.5, Health and Safety Code. Reference: Sections 1501 and 1531, Health and Safety Code.

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Article 7. PHYSICAL ENVIRONMENT**87086 ALTERATIONS TO EXISTING FOSTER FAMILY HOMES****87086**

- (a) The licensing agency shall have the authority to require that the licensee have a building inspection by a local building inspector if the agency suspects that a hazard to health and safety exists.

HANDBOOK BEGINS HERE

- (b) Prior to construction or alterations, state and local law requires that the licensee shall secure a building permit.

HANDBOOK ENDS HERE

NOTE: Authority cited: Sections 1530 and 1530.5, Health and Safety Code. Reference: Sections 1501 and 1531, Health and Safety Code.

87087 BUILDINGS AND GROUNDS**87087**

- (a) The licensee shall provide bedrooms in the home which shall meet, at a minimum, the following requirements:
- (1) No more than two children shall share a bedroom.
 - (2) Children of the opposite sex shall not share a bedroom unless each child is under five years of age.
 - (3) No room commonly used for other purposes shall be used as a bedroom.
 - (A) Such rooms shall include but not be limited to halls, stairways, unfinished attics or basements, garages, storage areas and sheds or similar detached buildings.
 - (4) No bedroom shall be used as a public or general passageway to another room.
 - (5) Except for infants, children shall not share a bedroom with an adult.
 - (A) In bedrooms shared by adults and infants, no more than one infant and no more than two adults shall share the room.

87087 BUILDINGS AND GROUNDS (Continued)

87087

- (B) If two children have been sharing a bedroom and one of them turns 18, they may continue to share the bedroom as long as they remain compatible and the licensing agency has granted an exception pursuant to Section 87024.
- (6) Sections 87087(a)(1) through (a)(5) apply to all bedrooms used by all children residing in the facility, including children who are members of the licensee's family, guardianship children, and children in placement.
- (7) Sections 87087(a)(3) and (a)(4) apply to all bedrooms used by the licensee(s) and all other adults residing in the facility.
- (b) The home shall be clean, safe, sanitary and in good repair at all times for the safety and well-being of the children.
- (1) The licensee shall take measures to keep the home reasonably free of flies and other insects.
- (c) All outdoor and indoor passageways, and stairways, inclines, ramps, open porches and other areas or potential hazard shall be kept free of obstruction.
- (d) All homes shall ensure the inaccessibility of pools, including swimming pools (in-ground and above-ground), fixed-in-place wading pools, hot tubs, spas, fish ponds, and similar bodies of water through a pool cover or by surrounding the pool with a fence.
- (1) Fences shall be at least five feet high and shall be constructed so that the fence does not obscure the pool from view. The bottom and sides of the fence shall comply with Division 1, Appendix Chapter 4 of the 1994 Uniform Building Code. In addition to meeting all of the aforementioned requirements for fences, gates shall swing away from the pool, self-close and have a self-latching device located no more than six inches from the top of the gate. Pool covers shall be strong enough to completely support the weight of an adult and shall be placed on the pool and locked while the pool is not in use.
- (A) If licensed prior to June 1, 1995, facilities with existing pool fencing shall be exempt from the fence requirements specified in Section 87087(d)(1) until such fence is replaced or structurally altered. When the licensee replaces or alters the fence, it shall be required to meet the fence requirements specified in Section 87087(d)(1).
- (2) Where an above-ground pool structure is used as the fence or where the fence is mounted on top of the pool structure, the pool shall be made inaccessible when not in use by removing or making the ladder inaccessible or erecting a barricade to prevent access to decking. If a barricade is used, the barricade shall meet the requirements of Section 87087(d)(1).

87087 BUILDINGS AND GROUNDS (Continued)**87087**

- (e) All in-ground pools, and above-ground pools which cannot be emptied after each use, shall have an operative pump and filtering system.
- (f) The licensee who accepts a child with a disability shall make necessary specific provisions including but not limited to changes to the buildings and grounds as required to protect and assist the child and maximize the child's potential for self-help.

NOTE: Authority cited: Sections 1530 and 1530.5, Health and Safety Code. Reference: Sections 1501 and 1531, Health and Safety Code.

**87087.1 ADDITIONAL BUILDINGS AND GROUNDS REQUIREMENTS
FOR SPECIALIZED FOSTER FAMILY HOMES****87087.1**

- (a) Areas in the home, including bedrooms, bathrooms, toilets, dining areas, passageways and recreational spaces used by a child with special health care needs shall be large enough to accommodate any medical equipment needed by the child therein.
 - (1) Bedrooms occupied by children with special health care needs shall be large enough to allow the storage of each child's personal items and any required medical equipment or assistive devices, including wheelchairs, adjacent to the child's bed.
 - (A) The bedroom shall be large enough to permit unobstructed bedside ministrations of medical procedures and medications.
- (b) Notwithstanding Section 87087(a)(1), a bedroom used by a child with special health care needs shall not be shared with another minor residing in the facility if the child's need for medical services or the child's medical condition would be incompatible with the use and enjoyment of the bedroom by each minor.
- (c) When required by the child's individualized health care plan, the licensee(s) or other adult caring for the child shall sleep in a bedroom adjacent or in close proximity to the child's room.

NOTE: Authority cited: Section 17730, Welfare and Institutions Code and Section 1530, Health and Safety Code. Reference: Section 17732, Welfare and Institutions Code.

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87087.2 OUTDOOR ACTIVITY SPACE**87087.2**

- (a) The licensee shall provide yard or outdoor activity space which is free from hazards to life and health.
- (1) Where the licensee resides in an apartment, condominium, or similar housing arrangement which does not have separate yard space, the outdoor activity space shall include, but not be limited to, activity centers and public parks.
 - (2) A sketch of the physical plant, as required in the plan of operation pursuant to Section 87022, shall include the location(s) of the outdoor activity space.
 - (3) The outdoor activity space shall not include any area made inaccessible by fencing pursuant to Section 87087(d).
 - (4) Where natural or man-made hazards such as canals, cliffs, creeks, condemned buildings, ditches, lakes, ocean fronts, mines, power lines, quarries, rivers, ravines, swamps, watercourses, and areas subject to flooding lie on or adjacent to the facility premises, the outdoor activity space shall be inaccessible to such hazards.
 - (A) Where a fence or wall is used to make the outdoor activity space inaccessible, the requirements of Section 87087(d)(1) shall be met.

NOTE: Authority cited: Sections 1530 and 1530.5, Health and Safety Code. Reference: Sections 1501 and 1531, Health and Safety Code.

87087.4 STORAGE SPACE**87087.4**

- (a) Medicines, disinfectants, cleaning solutions, poisons, firearms and other dangerous items shall be stored where inaccessible to children.
- (1) Storage areas for poisons, and firearms and other dangerous weapons shall be locked.
 - (2) In lieu of locked storage of firearms, the licensee may use trigger locks or remove the firing pin.
 - (A) Firing pins shall be stored and locked separately from firearms.
 - (3) Ammunition shall be stored and locked separately from firearms.
- (b) Medicines shall be stored as specified in Section 87075(k) and separately from other items specified in [Section 87087.4\(a\)](#).
- (c) General storage space shall be available to ensure that nothing is stored in space used to meet other requirements of these regulations.

87087.4 STORAGE SPACE
(Continued)**87087.4**

- (d) The items specified in (a) above shall not be stored in food storage areas or in storage areas used by or for clients/children.

NOTE: Authority cited: Sections 1530 and 1530.5, Health and Safety Code. Reference: Sections 1501 and 1531, Health and Safety Code.

87088 FIXTURES, FURNITURE, EQUIPMENT, AND SUPPLIES**87088**

- (a) The licensee shall maintain at least one operative toilet, sink, and tub or shower.
- (1) Additional equipment, aids, and/or conveniences shall be provided in home accommodating children who need such items.
- (2) All toilets, handwashing and bathing facilities shall be maintained in safe and sanitary operating conditions.
- (b) The licensee shall provide each child with an individual bed which is equipped with a clean, comfortable mattress, clean linens, blankets, and pillows, as needed, all in good repair.
- (1) Linen shall be changed at least once per week or more often when necessary to ensure that clean linen is in use by children at all times.
- (2) Beds shall be arranged to allow easy passage between beds and easy entrance into the room.

HANDBOOK BEGINS HERE

- (3) Rubber or plastic sheeting or bed coverings should be provided when needed.

HANDBOOK ENDS HERE

- (c) The licensee shall provide each infant with a safe and sturdy bassinet or crib, appropriate to the child's age and size.
- (d) Bunk beds of more than two tiers shall not be used.
- (1) Bunk beds shall have railings on the upper tier to prevent falling.
- (2) Children under five years of age or those who are unable to climb into or out of the upper tier unassisted shall not be permitted to use the upper tier.

87088 FIXTURES, FURNITURE, EQUIPMENT, AND SUPPLIES (Continued)**87088**

- (e) The licensee shall maintain a comfortable temperature for children at all times.
 - (1) The licensee shall maintain the temperature in rooms that children occupy between a minimum of 68 degrees F (20 degrees C) and a maximum of 85 degrees F (30 degrees C).
 - (A) In areas of extreme heat, the maximum shall be 30 degrees F (16.6 degrees C) less than the outside temperature.
- (f) Fireplaces and open-faced heaters shall be made inaccessible to children.

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- (1) The use of a fireplace screen or similar barrier will meet this requirement.

HANDBOOK ENDS HERE

- (g) The licensee shall maintain all window screens in good repair and free of insects, dirt and other debris.
- (h) The licensee shall provide lamps or light as necessary in all rooms and other areas to ensure the comfort and safety of all persons in the home.
- (i) Faucets used by clients for personal care and grooming shall deliver hot water.
 - (1) Hot water temperature controls shall automatically regulate temperature of hot water delivered to plumbing fixtures used by children to attain a hot water temperature of not less than 105 degrees F (40.5 degrees C) and not more than 120 degrees F (48.8 degrees C).
- (j) Solid waste shall be stored, located and disposed of in a manner that will not permit the transmission of communicable disease or of odors, create a nuisance, provide a breeding place or food source for insects or rodents.
 - (1) All containers, including movable bins, used for storage of solid wastes shall have tight fitting covers on the containers, shall be in good repair, shall be leakproof and rodent-proof and shall be maintained in a clean and sanitary condition.

87088 FIXTURES, FURNITURE, EQUIPMENT, AND SUPPLIES (Continued) 87088

- (2) Solid waste containers, including movable bins, receiving putrescible waste shall be emptied at least once per week or more often if necessary to comply with (j) above.
- (3) Each movable bin shall provide for suitable access and a drainage device to allow complete cleaning at the storage area.
- (k) The licensee shall provide toys, games, books, and recreational and educational materials for the children's needs, based upon their ages, and mental and physical development.
- (l) Each bedroom shall have portable or permanent closets and drawer space to accommodate the child's clothing and personal belongings.
- (m) All foster family homes, except homes with sprinkling systems, shall have an approved commercially manufactured and functioning smoke detector installed in the hallway(s) in each sleeping area in the home. The smoke detectors shall be audible in each bedroom or sleeping room.

NOTE: Authority cited: Sections 1530 and 1530.5, Health and Safety Code. Reference: Sections 1501 and 1531, Health and Safety Code.